

OCTOBER 2021

Live well. Age well.

THE SOURCE

COUNCIL on AGING

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2021 MEDICARE OPEN ENROLLMENT

October 15th - December 7th

We can help:

- **Research and enroll** in new Prescription Drug Plans (Part D) or other prescription drug plans
- **Switch plans** between Original Medicare (Part A) and Medicare Advantage and vice versa
- **Research Supplemental Plans** such as Medigap under Original Medicare
- **Change coverage** between Medicare Advantage Plans

Call or email today to make a telephone or in-person appointment to visit with one of our Senior Health Insurance Counselors of Kansas (SHICK).

Council on Aging: 913.684.0777

Email: seniors1st@leavenworthcounty.gov

Our Programs

Attendant Support
Chore Assistance
Errand & Shopping Support
Information & Assistance
Legal Service
Leisure & Learning Program
Pets & Loving Seniors Program (PALS)
Pet-2-Vet Program
Senior Health Insurance Counseling
Social Services
Support Groups
Telephone & Visiting Support
Sr. Express Transportation





Caring for Your Mental Health

It's just as important for an older person with symptoms of depression to seek treatment, as it is for someone younger. The impact of depression on health in older adults can be severe. Much research has reported that depression is associated with worse health in people with conditions like heart disease, diabetes, and stroke. Depression can complicate the treatment of these conditions, including making it more difficult for someone to care for him- or herself and to seek treatment when needed. In older adults, depression may be disregarded as frailty, or it may be viewed as an inevitable result of life changes, chronic illness, and disability. Recognizing the signs and seeing a health practitioner is the first step to getting treatment, which can make a real difference in someone's quality of life.

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is more than the absence of a mental illness—it's essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health and help support your treatment and recovery if you have a mental illness, such as depression.

About Self-Care

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some tips to help you get started with self-care:

1. **Get regular exercise.** Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
2. **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.
3. **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
4. **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.
5. **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
6. **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down at night, or replay them in your mind.
7. **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
8. **Stay connected.** Reach out to your friends or family members who can provide emotional support and practical help.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. Although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health.

For more information from the National Institute for Mental Health, go to [NIMH » Mental Health Information \(nih.gov\)](https://www.nimh.nih.gov/mental-health-information)

Source: National Institute for Mental Health, 04/2021

Nutrition Corner

Just Not Hungry?

Changes to your body as you age can cause some people to feel full sooner than they did when younger. Or lack of appetite might be the side effect of a medicine you are taking—your doctor might be able to suggest a different drug.

Try being more physically active. In addition to all the other benefits of exercise and physical activity, it may make you hungrier.

If you aren't hungry because food just isn't appealing, there are ways to make it more interesting. Make sure your foods are seasoned well, but not with extra salt. Try using lemon juice, vinegar, or herbs to boost the flavor of your food.

Vary the shape, color, and texture of foods you eat. When you go shopping, look for a new vegetable, fruit, or seafood you haven't tried before or one you haven't eaten in a while. Sometimes grocery stores have recipe cards near items. Or ask the produce staff or meat or seafood department staff for suggestions about preparing the new food. You can also find recipes online.

Foods that are overcooked tend to have less flavor. Try cooking or steaming your vegetables for a shorter time, and see if that gives them a crunch that will help spark your interest.

Can Aromatherapy Help Stimulate Appetite?

Think about the smells you associate with mealtimes. It might be a roast in the oven or a loaf of bread. The thought might even make your mouth water.

If an older adult in your family is experiencing a loss of appetite, try to recreate a few of their favorite meals from childhood or young adulthood. Some families have found the smell of home-cooked meals has aromatherapy benefits that may entice a senior loved one to eat.

Memory care communities and cancer treatment centers often turn to aromatherapy to help manage appetite. You can easily adopt this practice at home using an inexpensive essential oil diffuser set.

A few scents to try are:

Tangerine: This essential oil is known for boosting mood and stimulating hunger. The sweet, citrusy scent also calms stress and anxiety.

Spearmint: Another popular scent, spearmint works similarly to tangerine. In fact, some aromatherapists suggest combining the two oils to keep appetite stimulated longer. It also aids in digestion.

Peppermint: If an older adult in your life is avoiding food because they feel nauseous, try peppermint. Some find it helps calm an upset stomach.

Source: National Institute on Aging, 04/2019

Source: Sunrise Senior Living, 03/2019

In-Season October Produce

Produce is usually of better quality and taste when in season, so knowing what is at its peak during the month of October will guide you when making your shopping list and planning meals. Luckily, this fall month brings forth quite a variety of fruits and vegetables to savor.

Here is a list of In-Season Produce for the month of October:

- | | | | |
|----------------|-------------------|-----------|------------------|
| - Apples | - Brussel Sprouts | - Grapes | - Pumpkins |
| - Beets | - Cabbage | - Okra | - Sweet Potatoes |
| - Blackberries | - Cauliflower | - Pears | - Turnips |
| - Broccoli | - Cranberries | - Peppers | - Winter Squash |



Source: The Spruce Eats, 10/2020



For our full events and activities calendar, go to our homepage @ [Council on Aging \(leavenworthcounty.gov\)](http://Council on Aging (leavenworthcounty.gov))



To be added to our email distribution list, please contact us @ seniors1st@leavenworthcounty.gov

MEALS ON WHEELS VOLUNTEERS ARE NEEDED

Do you have 1 ½ hours during the week?
(late morning)

Do you like meeting new people?

Do you want to help those in our community?

Do you drive?

If you would like to be a Meals on Wheels volunteer, contact Scarlet Ross at the Council on Aging by calling 913.684.0786 or email sross@leavenworthcounty.gov

All Meals on Wheels volunteers must be able to pass a criminal background check.



Around Emily's Kitchen Table *Daisy's Pumpkin Bread*

INGREDIENTS:

1 ½ cup all-purpose flour	½ cup vegetable oil
1 cup sugar	½ cup sour cream
1 tsp. baking soda	1 tsp. vanilla extract
½ tsp. salt	1 cup canned pumpkin
1 Tbsp. cinnamon	
½ cup refrigerated egg substitute (or 2 eggs)	

INSTRUCTIONS:

Preheat oven to 350°. In a large bowl, combine flour, sugar, baking soda, salt and cinnamon. Add egg substitute, oil, vanilla and sour cream. Mix well. Stir in canned pumpkin just until incorporated. Do not overmix! Pour into greased 8x4" pan. Bake for 55-65 minutes. Cool in pan for 10 minutes before removing to cool on rack.

Enjoy!



Walgreens & the Council on Aging's Flu & Pneumonia Shot Clinic

Date: Thursday, October 14, 2021

Time: 10:00a.m. - 3:00p.m.

Location: Council on Aging

Things to Know:

- ⇒ This clinic is reserved for adults 50 years and older.
- ⇒ Call 913.684.0777 to sign up.
- ⇒ Arrive early to complete paperwork.
- ⇒ Bring your Medicare or private insurance card.
- ⇒ If transportation is needed, call our Transportation desk at 913.684.0778. A fee does apply. Please refer to the transportation policy for scheduling times and rider information.

Be Prepared!

**Schedule Your
Annual Vaccines
Today**

L.O.L.

Q: Why did the ghost go into the bar?

A: For the boos!



Q: Why did the ghost starch his sheet?

A: He wanted everyone scared stiff!

Q: How do you fix a broken pumpkin?

A: With a pumpkin patch!



MASK REQUIREMENT

Out of an abundance of caution due to the continued increase in positive COVID cases in Leavenworth County and to ensure everyone's safety, the *Council on Aging* will continue to require masks when participating in programs and services offered by our agency. We thank you in advance for your understanding.



SENIOR EXPRESS TRANSPORTATION

We are available to assist with your transportation needs for seniors age 50 and over, as well as persons of any age with disabilities. Services include shopping and business (bank/post office) trips once per week, and hairdresser appointments as well as transportation to medical trips and for work. As always, reservations are required, and taken on a first call, first serve basis, for all trip purposes. A fee is required per trip per person.

Rides are one person per vehicle (unless you require an attendant), and masks will be required for all Senior Express Transportation trips.

For current service status, fees and to schedule your trip, call 913.684.0778. Office Hours: Monday-Friday 7:00 am - 4:00 pm
Service Hours: Monday-Friday 8:00 am - 3:00 pm Closed on weekends and most Federal holidays. Handicap Accessible.

Aging Resources

Adult Protective Services.....1.800.922.5330

Emergency Respite:

Country Care..... 913.773.5517

Medical Lodge.....913.772.1844

Guidance Center.....913.682.5118

Kansas Aging and Disability Resource Center.....855.200.2372

Leavenworth County Health Department
.....913.250.2000

Medicare 1.800.633.4227

Poison Control Center.....1.800.222.1222

Property Fraud Alert Hotline.1.800.728.3858

Social Security Office1.800.772.1213

Wyandotte Area Agency on Aging
..... 913.573.8531

Some services are funded in part by the Older Americans Act and are provided without discrimination on the basis of race, color, religion, national origins or sex. If you feel that you have been discriminated against, you have the right to file a complaint with the Area Agency on Aging @ 1.888.661.1444

This informational brochure is published by:

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